

# De La Soul Lyrics

## "Held Down"

(feat. Cee-Lo)

*[Cee-Lo]*

Allow me.. to break it down.. ah yea yea yea yea yeahh..  
Life.. *[humming]*

*[Pos]*

This is dedicated to all my folks  
Diagnosed with a bad case of that proper upbringing  
And never took the time to fall in line or follow  
or swallow the thoughts  
Of the recognized committees who lurk throughout ya cities  
Ya hood, ya town, no matter which type  
You from the same type of people try to hold you down  
Just because you tailor made for bigger and better things  
Never missed a chance to move ahead of things  
And what does it bring? I tell you for me  
it brought jealousy in back wounds from all the stabbin  
Cats posin as my fan just to get grabbin what's mine  
I'm livin in times where my daughters are found around  
kids who can't afford thinkin caps  
But always found drinkin raps and eatin off beats  
Claimin laws of the streets - but who made the laws?  
Everybody playin (Rebel) with no sign of a +Cause+

*[Chorus: Cee-Lo]*

Well I, feel the world around me  
I've found, that others, will bring you down, just to be down  
You've got to make up your mind, where you wanna be  
Where you wanna go with your life  
With your life..

*[Pos]*

Yo, I'm never singin the blues but findin the clues to maintain  
And I been blessed to reign supreme over nearly every dream  
I had, and I made it come true  
I'm an imperfect man and I'm holdin the clue  
to perfection, it doesn't seem to matter what direction I look  
I find people settin traps  
Tryin to find the goal - without havin any maps  
Even friends of mine, jumped on line, just to become my adversary  
They felt they were entitled to the dairy I made  
They don't come to chill or behave  
And they got, toast ready to burn  
Not learnin to live, but they yearnin to take what you earn

*[Chorus: Cee-Lo]*

Well I, feel the world around me

I've found, that others, will bring you down, just to be down  
You see - you've got to make up your mind, where you wanna be  
And where you wanna go with your life  
With your life..

*[Pos]*

So quick to place blame.. and deny the shame we bring upon ourselves  
So many names held accountable for my own account  
When a large amount was weight - that I made and shaped  
When I climbed I found  
It was hard to find others around to point my fingers at  
Which made me realize the truth  
The biggest supressor could be your own ego lookin for an excuse  
to plant roots, in a field of self-sorrow  
to sprout and follow the first thing you feel  
Nourishes your hunger to be respected, it gets hectic  
And when I'm watchin the news, and my daughter walks in  
and choose to ask, "Why were all those people on the floor  
sleepin, covered in red?" I told her  
that they were lookin for God, but found religion instead

*[Chorus: Cee-Lo]*

Well I, feel the world around me  
I've found, that others, will bring you down; just to be down  
You see, you've got to make up yo' mind, where you wanna be  
And where you wanna go with yo' life  
With your life, with your life..

*[Cee-Lo harmonizes and ad libs with choir]*

*[Cee-Lo]*

I need my SPAAAAACE, to live..

Well I, feel the world around me  
I've found, that others, will bring you down; just to be down  
You see, you've got to make up yo' mind, where you wanna be  
And where you wanna go with yo' life  
With your life, with your life..